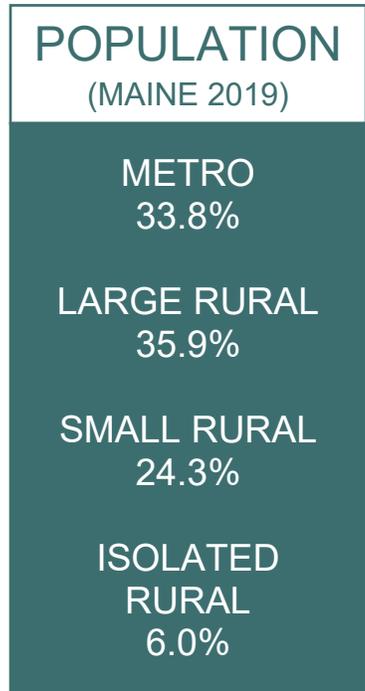


HEALTH IN MAINE: RURALITY

This table shows the percentage or rate of each indicator among different geographic areas in Maine. For example, in 2017, 13.0% of residents living in metro areas and 18.9% of residents living in isolated rural areas in the state lived with three or more chronic conditions.

The MSCHNA collects and analyzes data on health outcomes, health behaviors, social determinants of health, and demographics. Some sub-populations experiencing health disparities are small, resulting in data that is less reliable due to low numbers or unavailable due to privacy concerns. The data that is collected and available is included in these tables. Due to data collection and availability, the list of data in these tables may be shorter than what appears in the County Health Profiles.

The MSCHNA looks forward to supporting the efforts of Maine's Office of Population Health Equity to address these limitations and enhance data collection practices.



Health Indicators by Rurality:

INDICATOR	RURALITY				MAINE
	Metro	Large Rural	Small Rural	Isolated Rural	
DEMOGRAPHICS					
Population (percent of total Maine population)	2019 33.8%	2019 35.9%	2019 24.3%	2019 6.0%	2019 100%
Gay, lesbian and bisexual (adults)	2012-2015 & 2017 4.5%	2012-2015 & 2017 3.1%	2012-2015 & 2017 3.4%	2012-2015 & 2017 3.0%	2011-2015 & 2017 3.5%
SOCIAL DETERMINANTS OF HEALTH					
Unemployment	2020 5.1%	2020 6.0%	2020 5.4%	2020 6.0%	2020 5.4%
GENERAL HEALTH STATUS					
Fair or poor health (self-rated)	2017 14.0%	2017 16.3%	2017 16.4%	2017 20.4%	2017 16.1%
14 or more days lost due to poor physical health	2017 12.0%	2017 13.3%	2017 14.8%	2017 14.3%	2017 13.0%
14 or more days lost due to poor mental health	2017 13.8%	2017 11.0%	2017 13.7%	2017 13.8%	2017 12.9%
Three or more chronic conditions	2017 13.0%	2017 16.0%	2017 17.4%	2017 18.9%	2017 15.4%

INDICATOR	RURALITY				MAINE
	Metro	Large Rural	Small Rural	Isolated Rural	
ACCESS					
MaineCare enrollment (all ages)	2020 30.5%	2020 33.4%	2020 17.7%	2020 17.7%	2020 29.1%
Usual primary care provider (adults)	2017 87.6%	2017 88.0%	2017 86.3%	2017 87.9%	2017 87.2%
Primary care visit to any primary care provider in the past year	2017 73.5%	2017 71.2%	2017 70.7%	2017 68.6%	2017 71.3%
Cost barriers to health care	2017 12.0%	2017 10.9%	2017 11.0%	2017 12.5%	2017 11.7%
HEALTH CARE QUALITY					
Ambulatory care-sensitive condition hospitalizations per 10,000 population	2018 47.5	2018 51.8	2018 63.6	2018 53.9	2018 53.5
Ambulatory care-sensitive condition emergency department rate per 10,000 population	2018 218.5	2018 252.7	2018 376.2	2018 323.0	2018 273.7
CANCER					
All cancer deaths per 100,000 population	2019 145.2	2019 174.9	2019 170.0	2019 165.6	2019 163.7
Colorectal cancer deaths per 100,000 population	2019 12.0	2019 11.0	2019 15.4	2019 13.1	2019 12.6
Female breast cancer deaths per 100,000 population	2019 13.1	2019 17.3	2019 12.4	2019 12.1	2019 17.7
Lung cancer deaths per 100,000 population	2019 37.0	2019 45.3	2019 43.1	2019 45.1	2019 42.0
Prostate cancer deaths per 100,000 population	2019 10.3	2019 12.5	2019 10.1	2019 10.1	2019 17.8
Tobacco-related cancer deaths per 100,000 population	2019 48.6	2019 52.5	2019 56.5	2019 52.3	2019 52.3
CARDIOVASCULAR DISEASE					
High Blood Pressure	2017 29.9%	2017 37.4%	2017 37.0%	2017 37.7%	2017 34.8%
High cholesterol	2017 34.0%	2017 38.9%	2017 41.9%	2017 39.7%	2017 37.4%
Cardiovascular disease deaths per 100,000 population	2019 170.0	2019 206.6	2019 184.9	2019 184.8	2019 186.8
Coronary heart disease deaths per 100,000 population	2019 69.8	2019 85.3	2019 76.8	2019 80.1	2019 77.6
Heart attack deaths per 100,000 population	2019 17.2	2019 28.2	2019 24.0	2019 26.9	2019 23.4
Stroke deaths per 100,000 population	2019 24.3	2019 38.8	2019 31.1	2019 32.2	2019 31.4
Heart attack hospitalizations per 10,000 population	2018 16.2	2018 24.5	2018 25.3	2018 23.1	2018 21.9
Heart failure hospitalizations per 10,000 population	2018 4.7	2018 5.5	2018 6.3	2018 6.1	2018 5.5

INDICATOR	RURALITY				MAINE
	Metro	Large Rural	Small Rural	Isolated Rural	
CARDIOVASCULAR DISEASE (continued)					
High blood pressure hospitalizations per 10,000 population	2018 20.4	2018 20.5	2018 19.9	2018 14.7	2018 19.8
Stroke hospitalizations per 10,000 population	2018 18.2	2018 23.4	2018 21.5	2018 24.2	2018 21.2
Cholesterol checked in past five years	2017 84.6%	2017 88.4%	2017 83.1%	2017 84.4%	2017 85.4%
DIABETES					
Diabetes	2017 8.5%	2017 12.3%	2017 11.1%	2017 11.6%	2017 10.7%
Prediabetes	2017 7.4%	2017 9.3%	2017 7.5%	2017 8.4%	2017 8.2%
Diabetes deaths (underlying cause) per 100,000 population	2019 22.1	2019 24.7	2019 24.7	2019 21.2	2019 23.5
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2018 11.8	2018 13.0	2018 16.0	2018 9.6	2018 13.0
Diabetes emergency department rate (principal diagnosis) per 10,000 population	2018 29.6	2018 30.6	2018 39.5	2018 24.9	2018 31.9
A1c test at least twice/year (adults with diabetes)	2011-2017 77.4%	2011-2017 80.8%	2011-2017 69.7%	2011-2017 76.2%	2011-2017 77.5%
Formal diabetes education (adults with diabetes)	2011-2017 61.1%	2011-2017 58.9%	2011-2017 58.1%	2011-2017 59.1%	2011-2017 59.1%
Foot exam annually (adults with diabetes)	2011-2017 87.1%	2011-2017 85.5%	2011-2017 78.7%	2011-2017 80.2%	2011-2017 83.9%
Dilated eye exam annually (adults with diabetes)	2011-2017 74.4%	2011-2017 69.9%	2011-2017 67.0%	2011-2017 69.3%	2011-2017 70.4%
RESPIRATORY HEALTH					
Current asthma (adults)	2017 9.8%	2017 11.4%	2017 13.1%	2017 11.7%	2017 11.2%
Current asthma (youth ages 0-17)	2011-2017 9.2%	2011-2017 8.8%	2011-2017 8.4%	2011-2017 8.3%	2011-2017 8.9%
Asthma emergency department rate per 10,000 population	2018 32.9	2018 35.4	2018 55.8	2018 46.5	2018 39.6
Chronic obstructive pulmonary disease (COPD)	2017 5.7%	2017 8.7%	2017 10.9%	2017 8.7%	2017 7.8%
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	2018 10.7	2018 12.7	2018 21.1	2018 14.1	2018 14.4
Pneumonia hospitalizations per 10,000 population	2018 15.1	2018 16.8	2018 23.3	2018 20.8	2018 18.2
PHYSICAL ACTIVITY, NUTRITION AND WEIGHT					
Obesity (adults)	2017 25.4%	2017 30.5%	2017 31.6%	2017 34.0%	2017 29.1%
Overweight (adults)	2017 34.8%	2017 38.7%	2017 32.9%	2017 33.7%	2017 35.9%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2017 22.0%	2017 25.7%	2017 29.9%	2017 28.4%	2017 25.2%

INDICATOR	RURALITY				MAINE
	Metro	Large Rural	Small Rural	Isolated Rural	
PHYSICAL ACTIVITY, NUTRITION AND WEIGHT (continued)					
Met aerobic physical activity recommendations (adults)	2017 53.4%	2017 52.5%	2017 50.3%	2017 51.6%	2017 52.8%
Fruit consumption (adults reporting less than one serving per day)	2017 32.1%	2017 30.3%	2017 32.1%	2017 32.8%	2017 31.4%
Vegetable consumption (adults reporting less than one serving per day)	2017 13.2%	2017 12.9%	2017 14.4%	2017 10.6%	2017 12.4%
PREGNANCY AND BIRTH OUTCOMES					
Infant deaths per 1,000 live births	2015-2019 6.2	2015-2019 5.1	2015-2019 6.2	2015-2019 8.0	2015-2019 5.8
Low birth weight (<2500 grams)	2019 7.2%	2019 7.2%	2019 8.1%	2019 6.5%	2019 7.4%
Pre-term live births	2019 8.8%	2019 8.9%	2019 9.3%	2019 9.2%	2019 9.0%
Births to 15-19 year olds per 1,000 population	2019 7.1	2019 9.2	2019 11.5	2019 7.0	2019 9.0
Births for which the mother received more than 80% of expected prenatal visits	2019 84.1%	2019 83.4%	2019 83.6%	2019 83.0%	2019 83.2%
Smoked during pregnancy	2019 9.0%	2019 11.6%	2019 17.3%	2019 13.1%	2019 11.9%
Infants who are ever breast fed	2019 90.2%	2019 90.5%	2019 84.5%	2019 86.7%	2019 88.8%
C-sections among low-risk first births	2019 26.9%	2019 23.9%	2019 25.5%	2019 22.8%	2019 25.3%
COGNITIVE HEALTH					
Arthritis	2017 26.4%	2017 33.0%	2017 33.4%	2017 35.9%	2017 31.2%
Caregiving at least 20 hours per week	2015 & 2017 4.4%	2015 & 2017 5.6%	2015 & 2017 4.3%	2015 & 2017 4.4%	2015 & 2017 4.8%
IMMUNIZATIONS					
Influenza vaccination in the past year (adults)	2017 47.7%	2017 44.1%	2017 42.0%	2017 43.0%	2017 44.4%
Pneumococcal pneumonia vaccination (adults ages 65+)	2017 81.2%	2017 79.2%	2017 76.7%	2017 80.1%	2017 79.6%
UNINTENTIONAL INJURY					
Injury deaths per 100,000 population	2019 84.6	2019 90.4	2019 91.5	2019 87.8	2019 88.9
Fall-related deaths (unintentional) per 100,000 population	2019 19.9	2019 17.1	2019 16.2	2019 20.2	2019 17.8
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	2019 33.9	2019 28.8	2019 25.4	2019 21.9	2019 29.6
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	2019 7.8	2019 12.0	2019 13.5	2019 13.2	2019 11.1
Fall-related injury (unintentional) emergency department rate per 10,000 population	2018 250.9	2018 273.6	2018 395.4	2018 350.3	2018 297.8
Traumatic brain injury emergency department rate per 10,000 population	2018 32.8	2018 38.6	2018 49.2	2018 44.0	2018 39.3

INDICATOR	RURALITY				MAINE
	Metro	Large Rural	Small Rural	Isolated Rural	
INTENTIONAL INJURY					
Firearm deaths per 100,000 population	2019 6.6	2019 12.0	2019 17.1	2019 13.2	2019 11.5
Suicide deaths per 100,000 population	2019 15.4	2019 21.3	2019 21.7	2019 20.6	2019 19.4
Rape/non-consensual sex (among females, lifetime)	2014, 2016 & 2017 16.5%	2014, 2016 & 2017 17.7%	2014, 2016 & 2017 16.6%	2014, 2016 & 2017 15.8%	2014, 2016 & 2017 16.9%
MENTAL HEALTH					
Mental health emergency department rate per 10,000 population	2018 187.5	2018 155.0	2018 174.3	2018 151.9	2018 170.6
Depression, current symptoms (adults)	2017 9.7%	2017 9.2%	2017 11.0%	2017 9.6%	2017 9.6%
Depression, lifetime	2017 26.6%	2017 25.8%	2017 28.0%	2017 25.8%	2017 26.0%
Anxiety, lifetime	2017 22.7%	2017 21.6%	2017 22.2%	2017 21.0%	2017 21.8%
Chronic disease among persons with depression	2013-2017 32.4%	2013-2017 30.7%	2013-2017 29.3%	2013-2017 36.1%	2013-2017 31.2%
Currently receiving outpatient mental health treatment (adults)	2017 20.4%	2017 18.5%	2017 17.2%	2017 17.7%	2017 18.6%
ORAL HEALTH					
Dentist visits in the past year (adults)	2016 67.0%	2016 62.9%	2016 62.3%	2016 61.0%	2016 63.6%
Adult tooth loss	2016 14.4%	2016 19.8%	2016 23.5%	2016 24.9%	2016 19.5%
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	2018 94.9	2018 105.9	2018 204.3	2018 172.7	2018 126.5
Ambulatory care sensitive dental emergency department rates for children per 10,000 population	2018 15.1	2018 14.9	2018 26.9	2018 23.9	2018 18.2
SUBSTANCE USE					
Chronic heavy drinking (adults)	2017 9.9%	2017 8.5%	2017 8.2%	2017 8.7%	2017 8.9%
Binge drinking (adults)	2017 20.3%	2017 17.5%	2017 16.1%	2017 15.8%	2017 17.9%
Past-30-day marijuana use (adults)	2017 18.5%	2017 14.0%	2017 15.9%	2017 17.0%	2017 16.3%
Past-30-day misuse of prescription drugs (adult)	2013-2017 1.3%	2013-2017 0.9%	2013-2017 1.0%	2013-2017 0.9%	2013-2017 1.0%
Opiate poisoning emergency department rate per 10,000 population	2018 9.8	2018 8.6	2018 7.6	2018 5.9	2018 8.6
Opiate poisoning hospitalizations per 10,000 population	2018 1.6	2018 1.1	2018 1.1	2018 0.3	2018 1.2

INDICATOR	RURALITY				MAINE
	Metro	Large Rural	Small Rural	Isolated Rural	
TOBACCO USE					
Current (every day or somedays) smoking (adults)	2017 15.0%	2017 17.9%	2017 19.5%	2017 19.5%	2017 17.3%
Current (every day or somedays) e-cigarette use (adults)	2015-2017 3.6%	2015-2017 3.6%	2015-2017 3.6%	2015-2017 3.3%	2015-2017 3.5%

The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaboration between Central Maine Healthcare (CMHC), Maine Center for Disease Control and Prevention (Maine CDC), MaineGeneral Health (MGH), MaineHealth (MH), and Northern Light Health (NLH).

The vision of the Maine Shared CHNA is to turn health data into action so that Maine will become the healthiest state in the U.S. The mission of the Maine Shared CHNA is to:

- Create Shared CHNA Reports,
- Engage and activate communities, and
- Support data-driven health improvements for Maine people.

For more information on Maine Shared CHNA, including a list of data sources and definitions, please visit our web page: www.mainechna.org.

